



## Pumpkin Tart with Anise-Seed Crust

 Vegetarian  Gluten Free

READY IN



180 min.

SERVINGS



8

CALORIES



296 kcal

DESSERT

### Ingredients

- ☐ 1 tablespoon anise seeds
- ☐ 1 teaspoon cinnamon
- ☐ 3 large eggs lightly beaten
- ☐ 1 pinch ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 1.3 cups heavy cream
- ☐ 8 servings accompaniment: lightly whipped cream sweetened
- ☐ 0.8 teaspoon nutmeg grated

- ☐ 1.5 cups pumpkin pure (from a 15-ounce can; not pie filling)
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar

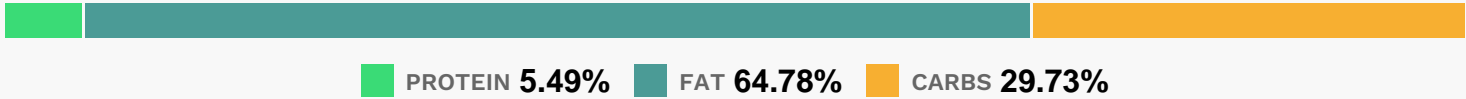
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin
- ☐ tart form

## Directions

- ☐ Prepare dough, adding anise seeds to dry ingredients, and chill as directed in dough recipe.
- ☐ Roll out dough into a 14-inch round on a lightly floured surface with a lightly floured rolling pin, then fit into tart pan and trim excess dough. Chill until firm, at least 30 minutes.
- ☐ Preheat oven to 375°F with rack in middle.
- ☐ Lightly prick bottom of shell with a fork, then line with foil and fill with pie weights.
- ☐ Bake shell until side is set and edge is pale golden, about 15 minutes.
- ☐ Remove foil and weights and bake shell until golden all over, about 15 minutes more. Cool completely in pan. Leave oven on.
- ☐ Whisk together pumpkin, sugar spices, and salt in large bowl.
- ☐ Whisk in eggs, then cream.
- ☐ Pour filling into cooled tart shell and bake until puffed about 1 1/2 inches from edge and center is just set, 40 to 45 minutes. (Cover edge of tart with foil if browning too quickly.) Cool in pan, about 2 hours. (Tart will continue to set as it cools.)
- ☐ Tart shell can be baked 1 day ahead and kept (once cool), wrapped in plastic wrap, at room temperature.

# Nutrition Facts



## Properties

Glycemic Index:27.76, Glycemic Load:14.08, Inflammation Score:-9, Nutrition Score:6.7130434409432%

## Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg

## Nutrients (% of daily need)

Calories: 296.27kcal (14.81%), Fat: 21.94g (33.75%), Saturated Fat: 13.23g (82.7%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 22.23g (8.08%), Sugar: 21.69g (24.1%), Cholesterol: 135.12mg (45.04%), Sodium: 116.39mg (5.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.37%), Vitamin A: 2756.78IU (55.14%), Vitamin B2: 0.19mg (11.21%), Selenium: 7.31µg (10.45%), Manganese: 0.19mg (9.54%), Phosphorus: 73.99mg (7.4%), Vitamin D: 1.01µg (6.73%), Calcium: 60.04mg (6%), Vitamin E: 0.8mg (5.33%), Iron: 0.91mg (5.04%), Vitamin B5: 0.46mg (4.62%), Potassium: 153.87mg (4.4%), Vitamin B12: 0.23µg (3.84%), Folate: 14.15µg (3.54%), Vitamin B6: 0.07mg (3.31%), Zinc: 0.47mg (3.11%), Vitamin C: 2.46mg (2.98%), Copper: 0.06mg (2.88%), Magnesium: 9.97mg (2.49%), Vitamin B1: 0.03mg (1.98%), Fiber: 0.43g (1.72%), Vitamin K: 1.66µg (1.58%), Vitamin B3: 0.22mg (1.11%)